


UU Report form - Erasmus 2017-2018

Faculty/college:	Social sciences
Level:	Bachelor
Name degree programme:	psychology

Destination city & country	Bern, Switzerland
Name host institution and/or company/organisation	Bern University
Purpose of exchange	study/courses
Departure date (dd/mm/yyyy)	01-09-2017
Return date (dd/mm/yyyy)	02-02-2018

Preparation

Exchange/placement application process:

The application process went quite easy. I had to fill in a motivation letter, my study program and a financial plan. It only took me some time to figure out to which place I actually wanted to go in the first place.

Counselling/support at home university:

I received a lot of help from international office with my questions. If I asked a question by email, they responded always very fast. Also, The college about studying abroad was very helpful for me.

Academic preparation:

I didn't need any academic preparation for my study abroad.

Language preparation:

It was possible to sign yourself up for a German class provided by the host university, but it was not necessary. I followed all my courses in English. However, if you want to study Psychology, then it is necessary to speak German, since they don't offer English courses in Psychology

Finances:

I saved almost 5000 euros before I went to study abroad. Also, I did receive a grant from Switzerland of almost 2000 euros, because they are not part from the EU. Therefore, it is not possible to receive the normal Erasmus grant

Study/placement abroad period



Study programme/work plan (concerning content and organisational issues):

I filled in a workplan before I went to Switzerland. But when I arrived, I took other courses, because it was not possible to follow psychology courses in English. After I chose my courses, I filled in my learning agreement. I followed courses from Sociology, theology, social anthropology and sport sciences.

Academic quality of education/placement activities:

I chose courses from a lower level. Therefore, the academic quality of education from the host university was a little bit lower than the academic quality of education from Utrecht university. I received an online account from my host university wherein I had to upload all my placement activities, which was very easy and showed clearly all the steps I had to fulfil for an official placement at Bern University

Counselling/support at host institution/organisation:

The international office from the host university was very helpful and responded fast to any questions I asked by email

Transfer of credits:

I still need to receive my credits, so I can't tell anything about the transfer of the credits yet

Student life

Welcome/orientation programme:

The orientation programme was very nice. During this program, you get the chance to meet other exchange students and I would recommend all future students to take part in these kind of programs if that is possible. We went for example to a nice city trip in Bern and another one nearby, we had some parties organized by the ESN and we received also some general information about studying at Bern University and all the formal things we had to fill in.

Accommodation:

I stayed in a student lodge with a lot of other (international) students. In this way it was very easy to get in contact with other people. For example, I shared the living room, kitchen and bathroom with 17 other people. The most Erasmus students were staying in this place, so it was easy to meet each other and to go to party's together. However, the rules of the house were quite strict and we were not allowed to make noise after 22:00. If you do, there is a change the police will come and charge you some money. If you want to throw a party, you have to ask the landlord and then it will be okay.

Leisure/culture:

The culture in general is not that different from the Netherlands. It is really nice to see how different Italian, French and German cultures are mixed in Switzerland. In every canton they have different habits, cultures and languages which give you the feeling that you are in another country. The only thing that annoyed me was the fact that grocery stores were closed on Sundays and during the week after 7 p.m. But I loved all the chocolate and the cheese fondue. Furthermore, It was possible to join a lot of sports at the university for free, which was very fun! Also the gym and



fitness lessons were offered at the campus for free.

Suggestions/tips:

Go hiking! The nature is amazing with the combination of mountains, forest and lakes. I tried skiing for the first time, and I think that the swiss alps are really amazing for winter sports.

Conclusions

Would you recommend this host organisation/destination to others? Please explain:

I definitely would recommend this place to others. It may not be the best party place, (the city of Bern only open up the clubs on Friday and Saturday and a beer is 6 to 7 euros) but you can make some nice party's with the other students at someone's place. Also, Switzerland is one of the most beautiful countries I have seen so far, because of the diversity in nature and cities. Furthermore is Bern University a really nice place to study. The university is very helpful if you have any questions and you can chose any course you like. However, If you really want to study Psychology, it is important that you speak German on a High level. Otherwise, you might have to consider another place to study abroad.

Do you have any additional advice or comments?:

Make sure that you saved enough money to join all the activities in or outside the country. Furthermore, don't stress to much about which place you want to go. In the end, I think that the experience of living abroad will be the same. Even if you are not that far from home, you will meet people from all over the world who are. So you will get in contact with different kind of cultures and people anyway. I think that the place won't decide how much fun you will have, but that you'll make the fun yourself with all the other people who want to fully experience the Erasmus life.